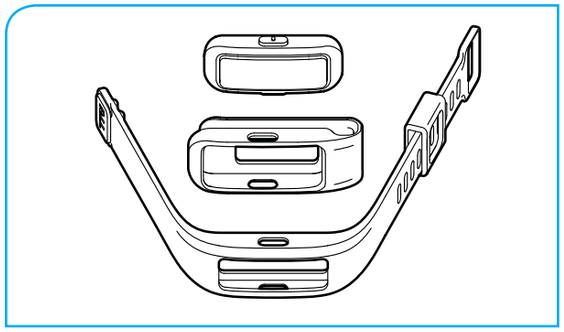
iFIT ACTIVE

User's Manual

Model No. IFITBAND-3IN1.0



QUESTIONS?

If you have questions after following the instructions in this manual, **PLEASE DO NOT CONTACT THE STORE. Please visit our Customer Care website at support.iFit.com or send e-mail to support@iFit.com.**

GETTING STARTED

1. **Install the iFit Track app on your iOS® or Android™ device.**
   Use the iFit Track app to set up an iFit account, set up the tracker pod, adjust settings for the tracker pod, set goals, and enter and track information. See HOW TO INSTALL THE IFIT TRACK APP.

2. **Learn how to charge the tracker pod.**
   Charge the tracker pod with the included charger cable. See HOW TO CHARGE THE TRACKER POD.

3. **Learn how to wear the tracker pod.**
   Wear the tracker pod in the included band or clip, or carry it independently. See HOW TO WEAR THE TRACKER POD.

4. **Learn how to use the tracker pod.**
   Use the tracker pod to track and sync calorie information, steps, distance, sleep time, and workout time to the iFit Track app. See HOW TO USE THE TRACKER POD.

⚠WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. **It is the responsibility of the owner to ensure that all users of this product are adequately informed of all precautions.**
2. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**
3. **Use this product only as described in this manual.**
4. **Keep children under age 12 and pets away from this product at all times.**
5. **Do not tamper with or attempt to open or disassemble the tracker pod; the battery is not replaceable or serviceable.**
6. **Do not use abrasive cleaners to clean this product.**
7. **Do not use this product in a sauna or a steam room, or while swimming or showering. Do not submerge this product in water; and do not place this product in a dishwasher, washing machine, or dryer.**
8. **Do not expose the tracker pod to extremely high or low temperatures, to direct sunlight for an extended period of time, or to open flames.**
9. **Use only the included charger cable with a certified computer, powered hub, or power supply to charge the battery in the tracker pod.**
10. **Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.**

HOW TO INSTALL THE IFIT TRACK APP

Pair, set up, and sync the tracker pod with your **iOS device (iPhone® 4s and later)** or your **Android device (Android 4.3 and later)** that supports BLUETOOTH® 4.0 wireless technology.

On your iOS or Android device, open the App Store℠ or the Google Play™ store, search for the free iFit Track app, and then install the app on your device. **Make sure that the BLUETOOTH option is enabled on your device.** Then, open the iFit Track app and follow the instructions to learn how to set up an iFit account, set up and adjust settings for the tracker pod, enter and track information, and set goals.

To pair the tracker pod to the iFit Track app on your device, press both buttons on the tracker pod simultaneously for several seconds until the words SYNC ON appear in the display. Then, open the iFit Track app, select the tracker pod from the list of discoverable devices, and touch the Connect button. After 1 minute, the display on the tracker pod will notify you if pairing succeeded or failed. When the tracker pod is paired, the BLUETOOTH icon will appear in the battery level display on the tracker pod. After it is paired, the tracker pod will sync automatically whenever the iFit Track app is open and the BLUETOOTH option is enabled on your device.

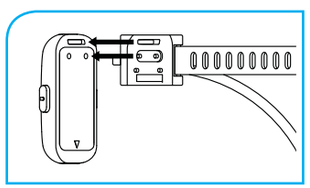
HOW TO CHARGE THE TRACKER POD

Battery Life. The tracker pod contains a rechargeable lithium battery. With normal use, a fully charged tracker pod will run for approximately 5 to 7 days before needing a charge.

Check the battery level of the tracker pod by pressing the top button on the tracker pod repeatedly until the battery level display appears. When the battery level is at 10 percent and at 5 percent, the tracker pod will vibrate for 5 seconds to notify you that the battery needs to be charged.

How to Charge the Tracker Pod. To charge the tracker pod, first attach the charger cable to the tracker pod. Note: You can attach the charger cable to the tracker pod while the tracker pod is inserted in the band; you cannot attach the charger cable to the tracker pod while it is inserted in the clip.

Align the tab and the contacts on the charger cable with the slot and the contacts on the back of the tracker pod, and then fasten the strap on the charger cable around the tracker pod.

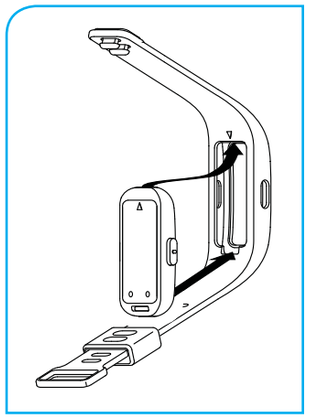


Next, plug the charger cable into a USB port on your computer. It will take approximately 4 to 8 hours for the tracker pod to charge completely. Note: To charge the tracker pod more quickly, plug the charger cable into a USB wall adapter (not included) or a USB car charger (not included).

HOW TO WEAR THE TRACKER POD

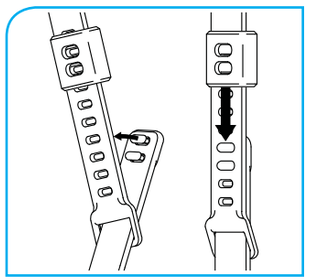
IN THE BAND

How to Insert the Tracker Pod Into the Band. Orient the tracker pod so that the arrow on the underside of the tracker pod is aligned with the arrow on the inner side of the band.



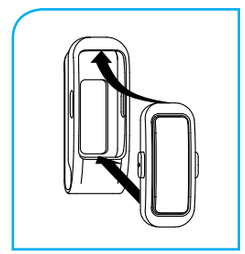
Then, press the tracker pod into the opening in the inner side of the band. **Tip: Insert the end of the tracker pod with the arrow into the band first, and then press the other end of the tracker pod into place.** Reverse these actions to remove the tracker pod from the band.

How to Fasten the Band. Wrap the band around your wrist and insert the end with the clasp through the loop. Press the pegs on the clasp firmly into the desired adjustment slots. Then, slide the lock over the clasp to hold the clasp in place. Reverse these actions to unfasten the band.



IN THE CLIP

Orient the tracker pod so that the display is facing upward. Then, orient the clip so that the opening in the outer side of the clip is facing upward.



Insert one end of the tracker pod into the opening in the outer side of the clip, and then press the other end of the tracker pod into place. Then, slide the clip onto your clothing. Reverse these actions to remove the tracker pod from the clip.

INDEPENDENTLY

Simply place the tracker pod in your pocket to carry the tracker pod independently. **Make sure that the tracker pod will not fall out of your pocket as you move.**

HOW TO USE THE TRACKER POD

KEY

Top Button = B1
Bottom Button = B2

Press B1 to view displays, to answer **No,** or to enter numbers in increments of **50**
Press B2 to view displays, to answer **Yes,** or to answer **Next**

PAIR THE TRACKER POD

Display Off

B1 and B2 for several seconds

SYNC ON

B1 and B2 for 2 seconds

SYNC OFF

RESET THE TRACKER POD

If the tracker pod does not pair, press B1 and B2 for 10 seconds to reset the tracker pod, and then try again

SUCCESS

FAIL

1 minute

Time/Date Display: 10:28P MON 12-19

B1 or 10 seconds

Battery Level Display When Paired: 90%

Battery Level Display When Not Paired: 90%

VIEW TIME/DATE AND BATTERY LEVEL DISPLAYS

Display Off → B1 → Time/Date Display: 10:28P MON 12-19 → B1 or 10 seconds → Battery Level Display: 90%

VIEW INFORMATION

Display Off

B2 / B1 to exit

NET CAL. — 2 seconds — -300 CAL

B2 ← NET CAL = CAL.IN - CAL.OUT

CAL. IN — 2 seconds — 550 CAL

CAL. OUT — 2 seconds — 250 CAL

STEPS — 2 seconds — 5550 STEPS 40%

DISTANCE — 2 seconds — 5.0 KM

B2 to repeat cycle

B2 to repeat cycle

ENTER SLEEP TIME OR WORKOUT TIME

Display Off → B1 → Time/Date Display: 10:28P MON 12-19

B2 for 2.5 seconds / B1 for 2.5 seconds to exit

SLEEP ↔ B1 ↔ WORKOUT

SLEEP	WORKOUT
TO BED	START
00:01	00:30:00
WAKE UP	STOP
SAVE	SAVE

(B2 between each; NO / YES)

ENTER CALORIES CONSUMED

Display Off → B1 → Time/Date Display: 10:28P MON 12-19

B1 for 2.5 seconds / B1 for 2.5 seconds to exit

LOG CAL.

B1 or B2 or 2 seconds

550 CAL

B2

SAVE

VIEW GOAL ACHIEVED DISPLAY

This display appears and tracker pod vibrates when a goal is achieved

Goal Achieved Display: 10000 STEPS 100%

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts are warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to replacing this product. If a replacement product is shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

For claims, please visit our Customer Care website at support.iFit.com or send e-mail to support@iFit.com.

ICON Health & Fitness, Inc.
1500 S. 1000 W., Logan, UT 84321-9813

COMPLIANCE INFORMATION

UNITED STATES

FCC Statement. This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

FCC Warning: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device meets the FCC and IC requirements for RF exposure in public or controlled environments.

CANADA

IC Statement. This device complies with Industry Canada license exempt RSS standard(s). Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This Class B digital apparatus complies with Canadian ICES-003.

IFIT is a registered trademark of ICON Health & Fitness, Inc. | App Store and iPhone are trademarks of Apple Inc., registered in the U.S. and other countries. | Android and Google Play are trademarks of Google Inc. | The BLUETOOTH® word mark and logos are registered trademarks of Bluetooth SIG, Inc. and are used under license. | IOS is a trademark or registered trademark of Cisco in the U.S. and other countries and is used under license.
Part No. 359032 R0614A Printed in China © 2014 ICON Health & Fitness, Inc.